



Third Annual Virginia Regional Ballet 5K

5K Run/Walk, 1 Mile Fun Run/Walk

Saturday, May 12, 2018

First Colony Neighborhood, Williamsburg, VA

A Colonial Road Runners Grand Prix Event



To benefit **Virginia Regional Ballet, Inc.**, a non-profit 501(c)(3), in efforts to raise funds for a live orchestra for the December 2018 production of "The Nutcracker".

Time: 7:00 a.m. – Race day registration and packet pick-up at 125 Pasbehegh, the First Colony Clubhouse, adjacent to the pool and parking areas

8:00 a.m. – One mile fun run/walk

8:30 a.m. – 5K run/walk

9:45 a.m. – Awards ceremony

Location: First Colony neighborhood, 125 Pasbehegh, Williamsburg Virginia, off Route 5/John Tyler Highway, Williamsburg, VA 23185

Course: The First Colony 5K course is a counterclockwise loop of the beautiful, tree-lined First Colony neighborhood. Fast and mostly flat on paved asphalt roads. Starting and finishing at the First Colony Clubhouse, the race goes on Pasbehegh, John Rolfe and The Maine, with a loop into Jordan’s Journey and Barrows Mount.

For More Information: Race Director: Brad Pittman (c:940-765-3452) email: bcpittman@att.net
Race Coordinator: Rick Platt (h: 757-229-7375; c:757-345-1431) rickplatt1@juno.com

Registration: Entries postmarked by April 20, 2018 will be \$25 per adult for the 5K. Registration for both runs includes a T-shirt. Online individual registration at www.RunSignUp.com through Wednesday May 9 at 11:59 p.m. Late and race day registration for all entrants will be \$30 per person. Fee for the one mile fun run/walk is \$10.00 (\$5.00 without a shirt). First Colony residents may register for the 5K for \$15 and the fun run/walk for \$8.00 and includes a tee shirt.

PLEASE PRINT

REGISTRATION FORM

Make checks payable to: Virginia Regional Ballet Inc.
Registration may be dropped off or mailed to: Virginia Regional Ballet
1228 Richmond Road Williamsburg, VA 23185 Attn: Brad Pittman

Circle Adult T-Shirt Size:

Adult S M L XL
Youth S YM YL

Circle Race Entered:

5K RUN 5K WALK 1 MILE

Name _____ M ___ F ___ Age (on race day) _____

Address _____

City/State/ZipCode _____

Telephone Number _____ E-Mail address _____

I know that running/walking a road race is a potentially hazardous activity. I should not enter a run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and conditions of the trail, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Virginia Regional Ballet, Inc., First Colony, James City County, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. This is a road race conducted under the rules of the RRCA and USATF. In consideration of the safety of all participants, please, no baby joggers, headphones, animals on leashes, skateboards or skates.

Signature _____ **Date** _____

All entrants must sign waiver (Parent or guardian signature required if under 18)



Participant Race Package:

The first 150 registrants will receive a short sleeve T-shirt. Race day entrants will receive T-shirts while supply lasts.

Awards:

- Top three overall female and male runners in the 5K
- Top three females and males in five year age groups from 14-and-under through 70-and-over for women and men
- Top three female and male walkers in the 5K

Refreshments: Post-race refreshments include: bagels, bananas, apples, oranges, sports drinks and water.

Directions: The First Colony Clubhouse is located at 125 Pasbeheg. **First entrance:** Directions from Route 199. Turn onto John Tyler Highway /VA-Route 5, travel 3.8 miles to Greensprings Rd. Turn left onto Greensprings Rd. Travel 0.6 mile turn right on to The Maine travel 0.2 mile turn right onto Pasbeheg. The park/pool and clubhouse will be on your right hand side.

Second entrance: Directions from Route 199. Turn onto John Tyler Highway/VA-Route 5, travel 4.0 miles to John Rolfe(this is the main entrance into the neighborhood). Travel down John Rolfe, to a left onto Pasbeheg, and follow Pasbeheg to the park/pool and clubhouse, which will be on your left hand side.

Alternative from Jamestown Road: From Route 199, take Jamestown Road west to a right onto 4-H Club Road (after Jamestown 1607), then take a right onto Greensprings Road. Take a left onto The Maine, and travel 0.2 mile and turn right onto Pasbeheg, to the First Colony Clubhouse.

About Virginia Regional Ballet, Inc.

Virginia Regional Ballet Inc. is a non-profit organization that sponsors the Virginia Regional Ballet Academy, whose education and cultural hopes to raise enough Artistic Director Heidi performances at Phi College of William and dedicated to the enhancement of beginning through pre-through a variety of Professionally trained teach classical ballet, modern are available at deserving students



purpose is to bring to the community an program in dance. This year, VRB, Inc. funds to include a live orchestra for Robitshek's 40th annual Nutcracker Beta Kappa Hall on the grounds of the Mary. Virginia Regional Ballet is continued improvement and classical ballet technique, offering professional training in all dance forms classes and performance opportunities. and experienced teachers qualified to character, creative dance, jazz, tap, and all levels. Scholarships are available for interested in dance.